

ABSTRACT

A system for adjustably positioning at least two body zones of a person relative to a base surface on which the person is resting, the system comprising at least two adjustable sections, each adjustable section having a non-remote, individually adjustable mechanism for adjusting the elevation of the section.

5 In one embodiment, each of the at least two adjustable sections comprises an inflatable/deflatable bladder positioned between an upper non-adjustable cushioned element and a lower non-adjustable cushioned element, wherein the non-remote, individually adjustable mechanism comprises a valve mounted on an outer surface of

10 the inflatable/deflatable bladder.